



ACREU RHEUMATOID ARTHRITIS KNOWLEDGE QUESTIONNAIRE (KQ): YOUR ARTHRITIS AND YOU

User's Guide

This instrument was developed to measure knowledge of Rheumatoid Arthritis (RA) self-management strategies in people receiving a home-based physiotherapy intervention. Questions were generated through focus group discussions with 29 people with rheumatoid arthritis. It has been tested as both an interviewer administered measure and a mail-out questionnaire. It has been tested with people with RA in several settings: a two-week ambulatory care RA treatment program, an outpatient second-line drug clinic, a rheumatologist's private practice, hospital and community physiotherapy services and a home-based physiotherapy program. Its internal consistency is good ($\alpha = .76$) and the test-retest reliability (Pearson's correlation coefficient) between time 1 and time 2 with a mean of 6.7 days between tests was $.92$, $p = 0.000$. It has demonstrated good construct validity.

To test sensitivity to change, the KQ was administered to 127 patients participating in a 6-week community-based physiotherapy intervention, with a strong educational component¹. There was a statistically significant increase in KQ scores in the treatment group compared to the control group ($p=.01$), with an effect size of 0.48.

The questionnaire consists of 31 items covering the domains of prognosis/outcome (8), joint protection (5), energy conservation (2), pain management (3), coping strategies/feelings (9), exercise (2) and medications (2). Twelve items require negative responses and 19 items require positive responses. Items are scaled using a 5-point modified Likert scale with end anchors 'strongly agree' on the left and 'strongly disagree' on the right. The items are scored as 1 = 'strongly agree', 2 = 'agree', 3 = 'uncertain/don't know', 4 = 'disagree' and 5 = 'strongly disagree'.

Scoring: There are 19 items that require a positive response (Q1, Q2, Q4, Q5, Q7, Q8, Q9, Q10, Q11, Q12, Q13, Q16, Q22, Q23, Q25, Q26, Q28, Q29, Q31). Items requiring positive responses are recoded as follows: 1=5, 2=4, 3=3, 4=2 and 5=1. Each item is then again recoded, assigning a 1 for each correctly answered item and a 0 for each incorrect item. eg. if Q1 is greater than or equal to 4, score 1 equals 1. Add the 31 questions to derive a total score, a higher score indicating more knowledge. The highest possible score is 31.

¹Lineker SC, Badley EM, Hughes EA, Bell MJ. Development of an instrument to measure knowledge in individuals with rheumatoid arthritis: the ACREU rheumatoid arthritis knowledge questionnaire. *J Rheumatol*. 1997 Apr;24(4):647-53. [\[Pub Med ID 9101496\]](#)